

Rebuilt Ruins Ministries Deliverance After Care Suggestions

Congratulations on your new-found freedom in Christ! We regularly thank God for the many victories that we get to be a part of, including yours. As a recipient of a ministry session with us, your name is added to a list that is routinely prayed over, so please know that you stay covered in prayer long after our session ends.

Oftentimes the questions are asked: “What do I do after a deliverance session, how do I retain my freedom, and what do I do if a demon comes back and starts harassing me again?” This document will give you some recommended guidelines and suggestions that address these questions.

What should I do after a deliverance session?

- Give God glory and praise for bringing you through the battle. Thank Him with an open and honest heart for the freedom you now have. Even if there is more deliverance to go, it is imperative to thank Him for bringing you one step closer to complete victory if you are not already walking in it.

- Do not let too much time go by before journaling out your experience. This will not only help you process what you went through, it will help strengthen your remembrance of what you overcame, and equip you with a personal testimony that you can use to help somebody else who may come across your path struggling in the same area you just overcame.

- Take it easy! Rest up. Drink lots of water. Eat healthy and nutritious foods. Spend some time in prayer and ask God what He wants to talk about. Ask Him to plant new vision, dreams, and passions within you, and then be still with Him and let Him fill you up.

- Immerse yourself in worship music and daily Bible reading.

How do I retain my freedom?

- Keep your mind/heart/soul clear of any unforgiveness. Immediately hand those who wrong you over to the Lord. Forgiving them does not condone their actions or give them permission to continue wronging you. It helps you keep demonic doors shut that spirits of offense, bitterness, anger, rage, etc like to sneak through.

- Do not engage in any sexual sin. Period. No premarital sex. No porn. No sexual flirting. Protect your eye and your ear gates from anything and everything that would give the devil a foothold. Especially if you were just delivered from a jezebel, lust, perversion, etc. type of spirit(s)!

- Stay far away from and do not participate in any type of witchcraft or occult practices. Including but not limited to ouija boards, psychics, palm readers, horoscopes, yoga, any type of new age practice including transcendental meditation, mindfulness, etc.

- Immerse yourself in worship music and daily Bible reading.

- Become active in a Christ centered community, and develop relationships with people who will not only hold you accountable, but speak positive things into your life.



What do I do if the demon comes back and starts harassing me?

- You stand in your Christ given authority and you command it to leave in Jesus name. You do not entertain it in conversation. You do not listen to or believe anything it has to say. You simply continue to command it to leave in Jesus name.

- If it still does not leave, you ignore it and put on worship music or you start singing your favorite worship song. Demons hate it when we worship God. If it still doesn't leave, grab your Bible and start reading scripture out loud.

- Pray. Ask God to send mighty warrior angels straight from His throne room to escort the trespasser away from you. Continue to call upon Jesus. Demons usually over play their hand by using fear tactics to try to get back in. So fight fire with fire and use the name of Jesus to frighten them.

- Resist, Resist, Resist! If you resist the tactics of the enemy and turn a deaf ear to their lies, they will have no choice but to leave.

Misc. Other tips to help retain freedom:

- Routinely anoint and pray over your house/living areas with anointing oil. If you need some, let me know. I sell it in my websites store and can ship it to you or you can make arrangements to get some from me in person.

- Make sure you do not have any cursed or occult type objects in your house/living area. Things like dreamcatchers, idols of any sort, certain objects from foreign lands like masks or weapons, skulls, new age crystals, etc. If there is something in your house that gives

you the creeps, anoint it and cancel any assignments, curses, or demons off of it in Jesus name. If it still gives you the creeps, get rid of it (if it belongs to you). If it does not belong to you, stand in faith that the anointing oil breaks the yoke (see Isaiah 10:27)

- Keep your focus on Jesus and spend as much time in God's presence as possible!

How can I bless and support Rebuilt Ruins Ministries?

If you would like to generously bless this ministry for the time we spent ministering to you, one of the ways you can do that is via the QR code below.

Any amount is greatly appreciated and will help us cover the financial costs it takes to keep this ministry going.

We are not in this for the money, but please be aware there is a lot of time that goes in to these sessions, from the initial scheduling all the way to and through the actual session which usually lasts anywhere from 90mins to 2-5 hours. Often times the ministry team sacrifices time with their loved ones, meals, etc to come minister because we love people and we genuinely want to see every single person who has a session with us set free.

We rely on God to stir the hearts of those who see benefit in our ministry or who genuinely want to bless us by sowing into this ministry so we can continue to move forward and not charge any upfront fees.

Donations are tax deductible. Thank you!

